

## Game-like Exercises

Grade III

Gen. Activity - Marching Singing: "If I  
had a donkey" (Neddie)  
Change on chorus to run  
w. hi: kn: left. - finish "whoa"

Order

- Red - white and blue (6's)

leg - whip y. w. arm left. p. (8 cts.)  
Hold 18 cts. (breathing)

Arm - x pitt. hd. clap on kns. - up  
(fountain) + 2 beats w. arms w.  
sides.

Arch. - Seals resting in the pen -  
bd. prone ly. T. bd. hocked. +  
hold then slow hd. turning.  
The old man of the seals-flap

Abd. - Long pitt. 2 leg move apart -  
together - up down singing  
"Here we go gathering nuts in May."

Break - Finger play - The Beehive

lateral - "This is my handle" - Tea Pot Exercise

leg - Couples alt. deep kn. bd. - finish 2  
hounces clap & pt. singing "London  
Bridge".



"National Physical Achievement Standards  
for Girls" - Amy R. Howland

National Physical Achievement Certificates  
are awarded for successful performance in  
four groups of activities:

Group 1. Events measured in units of time.

Group 2. " " " " " distance

Group 3. " which are measured by  
success or failure.

Group 4. Events which are scored according  
to the number of successful efforts  
in a given number of trials.

All scores must be in at end of year.

The fall activities used for the skills  
are:

All-Up Indian Club Run - ages 8, 9, 10, 11.

Back Spring - " 14, 15, 16 & up.

Backward Roll - " 8 and 9

Balancing - " 8-16 & up.

Ball Bouncing - " 8-9

Ball Pass for Accuracy - " 10-11

Ball Throw for Distance - " 8-11

Base Running - " 12-16 & up

Baseball Throw & Catch - " 12-16 " "

" " " for Distance - " 14-16 " "

Basketball Throw for Accuracy - " 12-16 " "

" " " Speed - " 12-16 " "

" Throw for Distance - " 12-17

Batting the Playground Baseball - " 12-17

Bean Bag Kick Throw - " 8-9

Cartwheel - " 8-13



Tashes	— all ages
Field Hockey Tumble	— ages 14-17
" " Goal Shooting	— " 14-17
" " Scoop for Accuracy	— " 14-17
Forward Roll A	— " 8-11
" " B	— " 12-13
" " C	— " 14-16 + up
Hand Stand (with support)	— " 12-16 "
Head Stand (against wall)	— " 10-13
" " (without support)	— " 14-16 "
Hit Pin Bowling	— " 8-11
Hop Scotch	— " 8-11
Stunt no. 1	— " 8-9
" " 2	— " 8-9
" " 3	— " 10-11
Hop, Step, and Jump	— " 12-16 + up
Horseshoe pitch	— " 14-16 "
Human Ball	— " 10-11
" " (2 successive rolls)	— " 12-13
Jump & Reach	— " 12-16 + up
Jump Rope 1.	— " 8-9
" " 2.	— " 10-11
Jump Stick	— " 12-16 "
Kick for Distance	— " 8-11
Knee Walk A	— " 8-9
" " B	— " 10-11
" " C	— " 12-16 + up
One foot hop for distance	— " 8-9
Playground Baseball Throw for Accuracy	— " 12-16 "
Potato Race	— " 12-16 "
Quoitennis (Back tennis) Serve	— " 14-16 "
Rope Climbing	— " 8-11



Rope Climbing	- ages <sup>12-16</sup> <del>8-11</del> 4 up
Relay Catch	- " 8-16 "
Soccer Ball Kick for Distance	- " 12-16 "
" " " - Moving Ball	- " 14-16 "
Soccer Dribble	- " 12-16 "
" Goal Kick	- " 12-16 "
Standing Broad Jump	- All ages
Tennis Serve for Accuracy	- ages 12-16 1 up
Tip-Up	- " 10-16 "
Vault	- " 14-16 "
Volley Ball Serve	- " 12-16 "
Wall Pivot	- " 12-15'



Reconditioning Exercises -  
6 year Old's. Miss Jackson

Ref. Miss J.

~~Mr.~~ Toad came <sup>in from</sup> out of town and said: "I really must sit down. This mushroom here will do for me." The mushroom said "Get off, you toad. I was not made for such a load. I am not ~~not~~ a toadstool, don't you see?"

1-2-3,4,5 Once I caught a fish alive.  
6-7-8,9,10 But I let him go again  
Why did you let him go?  
Because he bit my finger so.  
Which finger did he bite?  
The little finger on the right.

Open order - red, white + blue.

Teeter Totters

Teeter Tatter sitting on legs

" " legs astride!

Running down stairs - turning the  
landing + jumping last few steps.  
Go up + down.

"Grandfather Clock" - lying flat  
on floor - legs up as pendulums -  
very straight as they go from side to  
side - "tick tock." Clock strikes diff.  
ways.

Ref.  
"Rhythmic Dance"

"Step, step, and turn yourself around  
Reach up high, bend down low (repeat)  
Clap your hands + away we go."



"The Butterfly"

I wish that I could float thru air  
Diff. variations. Skip + Leap Hop  
around, sit cross leg - up + whirl.



## The Toad's Mistake

Variation by {h. Graham  
                                  {B. Marshall

A toad came in from out of town.

Position: toad walks in squat pos. hds. on knees. Step lt. move lt. hd. back over lt. shoulder + look over shoulder. Repeat same to rt. then lt., rt. (4x)

And said "I really must sit down

Walk around mushroom, looking it over. Nod head in exaggerated approval.

"This mushroom here will do for me"

With elaborate care place both hds. on knees; choose spot on mushroom + sit down. Nod head in weariness.

The mushroom said "Get off, you toad," Mushroom with 3 heaves, each a little higher than former, throws toad into air where he lands much disheveled. I was not made for such a load;

Mushroom with a haughty toss of head over rt. shoulder. Steps prec. with lt. hds. on hips. Repeat, lt. rt. (3x) around toad.

I'm not a toad-stool, don't you see?"

Mushroom kneels on floor, & slowly places hds. on floor. "Oh - don't you see" toss head & assume former mushroom position.



Rhyming Rhyme  
1-2-3-4-5

Variation by Ellie S. Wood.

One, two, three, four, five  
Once I caught a fish alive  
6. 7. 8. 9. 10  
But I let him go again.  
Why did you let him go  
Because he bit my finger so  
Which finger did he bite  
The little finger on the right.

1. St. Clap lids, tap toes, knees, shoulders and head.
2. 7 short running steps w. head lift. backward. arms moving as though pulling in a fishing line.
3. Repeat action of first line.
4. Repeat action of 2<sup>nd</sup> line w. arms moving as though releasing fishing line.
5. Slide hop forward. rt. - rt. arm fwd. forward. lt. b. - same lt. rt. lt.
6. Seven running steps circling rt. w. heel lift. backward. - hds. or hips shake head.
7. Repeat 5<sup>th</sup> line.
8. Repeat 6<sup>th</sup> - arms up finish "right" - rt. finger hi.



## Finger Play - (Breaks)

### Bee Hive

Here is a bee hive - (first closed,  
thumb in)

Where are the bees?

Hidden away where nobody sees.

Soon they'll come creeping out of the hive  
1-2-3-4-5 (finger extensions - one at  
a time)

Finish both hands - shake wrists and  
buzz.

There's a nest for Robin Redbreast

There's a hive for Bessie Bee

There's a hole for Jackie Rabbit

And a bed for me.

### Tea - Pot - Exercise

This is my handle

This is my spout

To fill up the cup

You must pour me out.

Tip toe to the circle

" " " " "

" " " " "

And turn and stand just so.

### Neddie -

If I had a donkey & he wouldn't go

Do you think I'd whip him - o - no - no

I'd feed him some corn put him in

the stable & I'd feed him some corn.

The best little donkey that ever was born. 78



Chorus - Gee-up Neddie, gee-up neddie  
The best little donkey that ever  
was born.

(Repeat)

whoa.





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